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REPORT

ON THE

PROPER TREATMENT OF THE INSANE.

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REPORT ON THE PROPER TREATMENT OF THE INSANE.

IN the consideration of all matters pertaining to the insane, it is necessary to keep constantly before the mind the grand fundamental truth, that all mental disorders are to be classed as diseased actions depending primarily on some disordered function or diseased condition of the brain, or other organ acting sympathetically on the brain, and that to the extent of the diseased action may be referred the greater or less mental disturbance. In a moral and legal point of view the insane have been almost universally considered as not responsible for their actions and conduct.

The arrangements of all our modern hospitals for the insane are founded on the recognition of these principles, but it is much to be feared that many of the plans which have latterly been proposed for the care and management of the insane have been formed by those who practically deny or reject these truths. The reciprocal action of mind and body is the guide to all who endeavor to direct the treatment of the insane; and the detailed arrangements of what is now called the moral treatment of the insane are based on the belief that, by the regular and systematic action of the mental faculties and bodily functions, a condition may be established which will ultimately result in the restoration of what may be at the particular period disordered or abnormal.

All institutions for the insane are directed by a medical superintendent, to whom is intrusted the medical, moral, and dietetic treatment of all who may be committed to his charge; and to him also is given the general direction of all matters pertaining to the conduct of all connected with the institution, that thus everything may be made subservient to the great end, the well-being and restoration of the insane.

An individual is brought to a hospital, all the legal forms connected with the admission having been complied with, and the first

effort of the physician is to ascertain, as fully as he can, everything in reference to his previous character, condition, and mode of life which may have had an influence in the production of the mental disorder; and also the bodily condition at the time of admission, in order to an intelligent treatment of the case. A careful examination may discover disordered conditions of the different organs which need prompt and cautious treatment, for on the continuance of these may depend the existence of the mental trouble, and therefore the principal attention must be given to the removal of them. It may be a condition of exhaustion, induced by over-exertion or long-continued indulgence in some improper mode of life; or it may be the opposite condition, requiring an essentially different line of treatment; or it may have arisen from a variety of moral causes acting on the bodily organization, and the removal from which only may have been needed to place the person in the way of restoration by the substitution of other and more pleasing scenes and occupations; or the disordered action may arise from such a combination that the skill of the physician will be taxed to the utmost to enable him to bring the patient safely through and place him on the way to restoration; and when so placed his skill will be as much needed to keep him from being turned off by some imprudence or neglect. As in the treatment of all other diseases or disordered conditions no special course can be laid down, but each case must be treated on rational principles with as full a knowledge of all the facts bearing on it as can be obtained; and though sometimes through the ignorance or perverseness of friends and relatives, the physician may be left to grope his way to a true knowledge of the case through many days of earnest inquiry, and often painful suspense and anxiety, if he is imbued with the true spirit of his profession he will bravely struggle through these, and feel himself amply rewarded by the success which will most generally attend all well-directed patient inquiries and efforts. Having settled the proper course of medical treatment, he is not to rest satisfied therewith. He must seek out and diligently use every means which may be made most conducive to the welfare of his patient in the occupation and diversion of the mind, the feelings, the thoughts, so that the individual may be drawn as much as possible out of himself, and led to a more healthy and proper direction of all the mental powers. Every means which science, philanthropy, human skill, and industry can bring to bear can be legitimately employed for this end, limited only by the ability in a

pecuniary point of view to use them; and no man who has charge of the insane can consider himself absolved by any other cause than the expense necessary to procure all these means, from their constant and regular employment in all the cases placed under his care. And these are to be continued, not only during the period of acute mental disorder, but should the case be one of long-continued mental alienation when first intrusted to his charge, while there may not be the same necessity for prompt medical treatment, it cannot be denied that the appliances of moral treatment as above indicated are as needful, if not more so, to occupy and divert the mind, as in the more recent condition; for in too many cases, unfortunately, this is the only resource left by which he can hope to lead back the wandering mind to its former healthy action. A judicious employment of dietetic and moral remedies may often effect changes in those who were thought to be incurable; and, unless some positive physical disease is present, no man can conscientiously say that a restoration, or certainly an amelioration, of the disordered state may not be effected by the employment of such instrumentalities as an enlightened experience may suggest. It may be and has been said, that the great mass of the chronic insane do not need the treatment which is given to the acute cases of insanity. With the exception of the medical treatment necessary in acute cases, every other means should be employed for the benefit of the chronic insane.

Lord Chancellor Erskine, in expounding the spirit of the English law which had not found expression in the statutes, said "that it fell to the king to take care of those who could not take care of themselves;" and the late Horace Mann, when pleading the cause of the insane in the legislature of Massachusetts, said very emphatically "that the insane are the wards of the commonwealth." We accept these dicta as expressive of what the community, and the State as the exponent of the different sections of that community, is bound to do for the insane.

It is clearly and unquestionably the duty of the guardian, and the law will hold him to that duty, to provide every means which can be obtained, within the limit of his income, for the benefit and comfort of his ward; and on the same principle it is evident that the State is bound to provide to the extent of its ability for all those of her children who have the misfortune to be unable to take care of themselves; and in this provision the State has no right to discriminate and say that a moiety only of what is their due shall

be given to them. Have they not given their labor to assist in the maintenance and well-being of the community? have they not paid their share of the taxes for her support? have they not been willing to come forward in her hour of need, and give their strength, their property, and their lives, if need be, for her safety and defence? And now, because they may be unfortunate and have suffered the loss of that which makes them all they are, or were, are they to receive less consideration and care than those who have lost their limbs or their physical health and strength in her service? It is never, as has been well and truly said by a distinguished alienist (Dr. Kirkbride), economical to do wrong; and it cannot be considered other than the most flagrant wrong to put off the insane with only a part, and too often only a small part, of that which is their legitimate due.

There is another point from which this matter may and should be viewed which appeals more directly to the humanity and philanthropy, I might even say the personality, of every one. No man can say, in prospect of the changes which are constantly occurring around him, in what position he or those most dear to him may be placed; or whether it may not fall to his lot, in the dispensation of an all-wise Providence, to be deprived of health, strength, and property, and in advancing years, when least able to meet the trials which may come upon him, to be thrown dependent on the community, and either himself or some of his family become insane. No man in making provision for the comfort and welfare of others ought to be willing to do for them less than he would have done for himself or for his in similar circumstances. This, we are aware, is not the usual way of looking at such matters, but that does not alter the duty.

A physician, who has enjoyed a large practice in a populous city, as age advances, is so unfortunate as to lose his property, and, becoming insane, to be dependent on the public for his future maintenance. He is placed in a hospital for the insane where he enjoys all the comforts and society which his mental condition will allow and to which his previous position entitle him; but being dependent on the public funds for his support there, and because his insanity has assumed a chronic form, he must, in obedience to that stern and unfeeling determination that the chronic insane should be maintained at the least possible cost, be removed to a receptacle for the chronic insane, and thrown in without associates or companionship suitable to his education or previous position,

with those whose company he has always heretofore avoided. This is no imaginary picture drawn to excite sympathy or adorn an argument, but a stern, living fact, and one to which most probably the experience of nearly every one within the sound of my voice can furnish a parallel. Apply the same to the case of a mother, a wife, or a daughter, and can any one say that the authorities have the right to drag down and degrade any one to a lower scale, and deprive them of everything which could aid to render their hard life more endurable, simply because they are unfortunate and poor; but are they not rather bound to do all in their power to elevate and refine their condition, and smooth the rough and thorny path in which they are compelled to walk until death shall kindly close the scene?

The separation of the acute and chronic insane into different establishments has been urged as a matter of economy on the part of the State, but it is extremely questionable whether it is economical in the true sense of that word. Every institution for the chronic insane must be provided with a physician, the usual number of assistants, and other officers necessary to carry on its operations properly. The building must be constructed of such material, and in such manner, that it will be most free from danger by fire, and give its inmates that amount of heat which their enfeebled condition demands in cold weather, and that ventilation which will keep them free from all noxious influences. Thus far the buildings for the two classes and their organization must be alike, and at this point only can we suppose it possible for a change to take place. A diminution in the number of attendants to look after them, and provide for their continually recurring wants and necessities; a change in quality and quantity of food, usually provided for them and deemed necessary for their health and comfort, and the withdrawal of all those means which tend to elevate and occupy the mind, and draw away the disordered thoughts to higher and better views, might, by sense, be considered as a matter of economy; but we can only regard it as that kind of economy which will tend at the earliest period to relieve the authorities of any further care and charge of them by inducing disease and death.

There is not really in this land, or in any land, a hospital for the insane which may not be looked upon as a hospital for the chronic insane, from the fact that from one-half to three-fourths of all its inmates may be classed as chronic insane. The acute insane

are really vastly more expensive to take care of than the others, from the fact that their destructive propensities are so much greater, requiring so many additional repairs to the building, and the provision of so much more furniture. A much larger number of attendants must be employed to look after them to prevent injury to themselves, the furniture, and to the other inmates, and to give them that amount of exercise and recreation which their disorder really demands. If they are in wards with the chronic insane, much of the expense thus entailed could be saved by the disposition of many of that class to watch and prevent a great many irregularities and injuries, and moreover great assistance is obtained in much of the work which must be done in a ward from the chronic insane, thus lightening the labor of the attendants, and enabling them to give more time and attention to the acute cases. But it is urged, acute cases may be injured by their association with the chronic. That objection is much more imaginary than real, and rarely takes place; for in all hospitals, properly arranged and not overcrowded, such a classification should be maintained that injury cannot result in this way; and, moreover, the influence of the great majority of the chronic insane is for good rather than for evil, by the kindly attention paid, the careful watching to prevent trouble and injury, and the effort constantly made to draw away from what is unpleasant and injurious, and interest in things which will be of positive benefit. Apart from the barely financial view of the question there is another deserving very serious consideration. Is not hope the great mainspring of action in the breasts of all men—hope of something better in the future than is now possessed? and has any man, or any body of men, the right, moral and legal, to say to any class of the insane that they shall not enjoy that hope which is probably the only silver lining to the dark cloud of sorrow and misfortune which shrouds their lives? Is not the removal of an insane person to a hospital exclusively for the chronic, or, as it is more frequently called, the incurable insane, virtually saying to him there is no hope for you, and thus adding the last drop to the cup of misery?

It may be said that this is rather a fine point to put to the case, but are the happiness and comfort of any individual to be placed in the balance with a few dollars or parts of a dollar? For be it distinctly understood that this is the real argument in the case, and the object of all the efforts made to separate the acute and

chronic insane, the prospect of saving to the treasury of any commonwealth a few dollars in each case in any given year.

Is it not a fact, attested by the experience of all men, that, when once the question has been raised, discussed, and decided how small a limit may be put to the expenses of the maintenance of any given class, the effort will be constantly made to see how much less that expense may be made, and to what extent those employed to conduct the experiment may recommend themselves by their efforts in this respect? Is not the entire separation of those who may be called chronic insane in a community by themselves a denial to them of that social intercourse with their fellows, and the interchange of friendly greetings with friends and old acquaintances which add so much to the enjoyment of life?

The exercise of the domestic affections is one great means for the display of those virtues and graces which so much adorn and ennoble the race, and everything should be done which will foster and promote these to the highest degree for the good of society and the advancement of true morality. The relatives of those who may be chronically insane certainly must be regarded as possessed of love and a regard for the welfare of the more unfortunate members of their families. It is implied in the fact that the State assumes the cure of the chronic insane, as well as of the acute, that their relatives have not the power to provide properly for them; but the assumption of that power and the proper exercise of it does not carry with it the right to ignore all family ties and domestic relations, and place the unfortunate in such a position that their relatives cannot visit them and know how they may be from time to time without incurring much expense, and experiencing great pain and distress. If they are removed to a considerable distance from their homes, or to a remote and not readily accessible location, it is certainly a bar to all such visits on account of the expense and time necessary to make the visit, and the result really will be a sundering of all the domestic ties and a blunting of all the feelings hitherto cherished. The influence on the insane themselves • by such removal of all which has served to make life pleasant and which constituted the bright light in the future to which they could look forward in all their dark and troubled way, is not by any means favorable, and too often would cause them to sink down into utter apathy and indifference. If any good is to be done to the chronic insane it must be by infusing into them as much hope and cheerfulness as can be done, and by holding out before them

such prospects as will cheer and encourage them in place of effectually quenching all life and energy.

It is also said the chronic insane may be made to assist in the payment of a certain part of the expense of their maintenance by the labor they may be able to perform on the farm and in the garden. It does not do in this country to attempt to found a practice on what has been done in another country, unless the general habits and manners of the people of the two countries bear a close resemblance; and, therefore, to insist on attempting in this country to do what has been only partially done in countries in Europe, where the habits and manners and the relations of classes are entirely different, is striving to establish a state of affairs in this country foreign to the habits and practices of the people, and can only end in disappointment and loss.

When reference is made to similar attempts in France and other countries, it has not been clearly demonstrated that the number actually employed is any greater in proportion to the whole number of inmates of the institutions than is generally found in the State institutions in this country; nor can it be proved that the number which may be seen at work at any given time are thus regularly employed. It will be found there, as here, that the number is continually changing, and that the company is constantly recruited by new hands taking the place of those who have dropped out of the ranks from inability to keep up.

But the great fundamental error lies in the fact that regular systematic labor can be had from the insane as a class, such as may be had from sane men hired for the purpose. They labor under a greater or less degree of disease of their whole nervous system. Their impaired nervous power, and their inability to fix their minds continuously on any subject will not allow them to work steadily for more than a few hours at a time. They have not the physical power to bear the fatigue incident to three or four hours' continuous active work in the morning and the same length of time in the afternoon. They may do a certain amount of work for a few days, so long as the novelty of the thing excites them, or some inducements may be held out to them to persevere; but beyond that, experience has fully shown that they cannot be relied on, and, to be of any real benefit in carrying on labor for their own support, and to reduce the price of their maintenance, they must labor steadily and regularly week after week.

Besides, it has been found by those who have fairly and honestly

tried the experiment that the cost of supervision, to secure anything like regular work done in a proper manner, was as great as would have paid for the employment of sane hearty men to do the work, and do it much more effectively and satisfactorily.

In Europe, men obey the order of a superior to go out and do work as by a class instinct—it is as it were wrought into the fabric of their being; but in this country the case is very different, and men exercise a degree of independence which very much conflicts with the successful operation of all plans dependent on their systematic labor. They may be induced for a time to work by the promise and bestowing of certain favors or rewards, but then it will be found that the expense of those rewards will eventually cost as much as would be sufficient to procure other healthy men to do the work.

Influenced by these views the Association of Medical Superintendents of American Institutions for the Insane, after a long and exhaustive discussion, unanimously adopted the following propositions as expressive of their views on these points:—

1. Every State should make ample and suitable provision for all its insane.

2. That insane persons considered curable and those supposed incurable should not be provided for in separate establishments.

3. The large States should be divided into geographical districts of such size that a hospital situated at or near the centre of the district will be practically accessible to all the people living within its boundaries, and available for their benefit in cases of mental disorders.

The theory has latterly been advanced that the harmless insane may be maintained at a less expense by boarding them in families selected for the purpose. The reference is constantly made to the colony of insane at Gheel, in Belgium, but in later years a total change has been made in the manner of conducting affairs in that old town. Formerly the insane were placed in families with no supervision, and, as might have been expected, they were either chained to their beds, or their liberty of motion in some way restrained when they were allowed to go out in the streets if any suspicion of trouble from them was entertained, and the description of their manner of life was what no one in this country would tolerate. Latterly a central infirmary has been built, to which all the more excited, and indeed all new cases, are taken, and, after trial, placed in different parts of the town; and any becoming

violent in any part of the town are at once taken to the infirmary, and a constant medical supervision is maintained by Dr. Bulekens and his assistants.

In Scotland the attempt has been made to remove a certain number of the most quiet and inoffensive from the crowded hospitals and place them in families in the section of the country to which they belong; and to do this involves great care and trouble, and requires the constant attention of two deputy commissioners at a good salary to visit all these persons during the year, and the majority are seen only once or twice in the course of the year. The selection of persons to be thus boarded out is a task of uncommon difficulty, and it is not to be wondered at that the superintendents of the Scottish hospitals shrink from the odious task of recommending persons for removal, knowing as they do the risks to be encountered by such removals.

The arguments used in Scotland are the relief of the crowded wards of their hospitals by the removal of certain so-called harmless persons, and the diminished expense of maintenance. It is certain that very little relief can be had by the mere removal from overcrowded wards of six or twelve persons, or even twice that number; and it has been proved that the saving may amount to fifty or sixty dollars a year, but that saving is effected at the expense of the proper quality and quantity of food, insufficient and inferior clothing, deficient attention, and the real absence of all medical supervision. Those who have thus been removed from a hospital complain of the want of that social intercourse to which they have been accustomed in the hospital, seeing some new face constantly, and they become dissatisfied and discontented, and long to return to more pleasant scenes and associations.

The complaint is frequently made of the great difficulty of obtaining the proper class of persons for attendants in our hospitals for the insane, and that complaint, so far as men are concerned, is well founded; and that being so, where are the proper persons to be found to whom such insane persons are to be committed, and who will have the entire charge of them, with really no supervision? It will not do to place them in families where the heads of the family are obliged to labor all day to provide for the support of themselves and their children, because then there is really no one to attend to them.

Nothing can be worse for the children, because by reason of their imitative propensities they would soon acquire all the bad practices

and language of such insane persons, and thus be virtually injured in mind and morals by the association.

It is not safe to the families, because no matter how quiet and harmless the individual may appear, circumstances may occur in the family which could never have been foreseen which will arouse some dormant passion, and results of the most unpleasant kind may ensue.

The following came within our own knowledge: A young man, perfectly docile and quiet, who had been for several years in a hospital for the insane, was taken by his brother to reside in his family. The family consisted of the brother, his wife, and several children, and the mother of the young men. One day one of the children became unruly and disobedient, and the mother had occasion to correct it, and the child made a great noise. The insane brother, who had up to that time made no demonstration of any kind, sprang up, seized a large heavy chair, and dashed out the brains of his own mother and then sat down again, making no further movement, and being entirely indifferent to all that passed.

The young man was a fair type of the class which those who favor such experiments would have selected as a proper subject; and while such scenes might not occur often, the possibility of their occurrence is sufficient to deter those who have knowledge of them from being willing to favor any experiments of the kind. The risk to life and property in such experiments cannot be counter-balanced by any merely economical considerations. Valuable lives may be taken, and dwellings and other valuable property may be destroyed, as the records of the last two years too certainly prove; and it should be carefully considered whether the loss of life and destruction of property consequent on such experiments are not greater than would be the expense incurred by the proper provision for the insane in well-ordered hospitals for their care and maintenance. Another matter not sufficiently considered in this connection, is the essentially different character of the insanity in Europe and in this country. It is the uniform testimony of those who have visited and examined the institutions for the insane in Europe, particularly in Great Britain, France, and Belgium, that the type of the insanity varies very greatly; that there is vastly more excitement and restlessness among the insane, even the chronic, in this country than is ever seen abroad, and also a greater disposition to assert their independence and be free from all restraint and control.

Another plan has been recommended which provides for a central building for the officers, and the more recent and acute cases, or those subject to periods of excitement, and the erection of cottages on different parts of the premises for a certain number of the more quiet and harmless insane, to be under the care of one or more attendants, or a man and wife resident in the cottage.

It is claimed that this will be more economical than the present style of building, and the expense of maintenance less, while the chronic insane will have a greater amount of freedom than they can enjoy under the present mode.

And first, as to the cost of erection: the central building for the accommodation of the officers, and for the transaction of all the business, and the proper care of the acute and more excitable cases must have all the requisites of a hospital for the insane as at present constituted, and which is admitted on all sides to be the best for the acute insane. Then the cottages must be erected to accommodate twenty or twenty-five, and the number of these will vary of course with the number designed to be provided for. These must be built of brick with kitchens, bath-rooms, arrangements for heating and ventilation, and all the other appliances which the wants of the inmates will require.

It must be evident to every one at all familiar with building that it is vastly more economical to put up one building to accommodate one hundred and fifty, or even three hundred persons, than to make accommodations for the same number in detached cottages.

The number of brick required for the erection of the cottages will very nearly, if not quite, put up the necessary wings to the main structure; one roof over a large wing is more economical than six or twelve roofs on different buildings; the arrangements for heating by steam or hot water (the only proper mode of heating any building for the insane) will be much less expensive in one building than where the same must be extended to six or twelve, both in the original construction and in the subsequent management; much less coal will be used, fewer men will be required to attend to the fires; less danger will be apprehended from fire where it can readily be overlooked by one or two men always present than where the fires are scattered in detached buildings, and to be looked after as occasion or the inclination of the parties may suggest; a more equable temperature will be maintained in winter in one building than in several.

The supervision is very easy in one building; it is impossible to

conduct it properly in six or twelve, for the obvious reason that in one case the officers can enter the wards at any time without being observed, while the necessity of passing from one building to another will make known their approach in ample time to prevent the discovery of any improper conduct.

The arrangements should always be such that the medical men or other officers can look after any of the patients at any time during the day or night, which is very easy under one roof, but when scattered over a large farm in a number of buildings will be very apt to be neglected in stormy or wintry weather; and the class placed in cottages will be such that they should be seen late at night by the supervisors, to know that they are comfortably fixed for the night so that they may not suffer from cold. Then the difficulty of frequent inspection of the buildings interiorly, and the attention to be given to patients by the night watch is rendered extremely difficult in a series of detached buildings.

We must take men as we find them, not as we would have them; and any one who has had any experience in the management of any number of men or women, to whom a certain amount of authority is delegated, must know that, unless a careful and constant supervision is maintained at all hours, those who need most care will receive least.

Every housekeeper of experience will say that the cooking of the food for a large number of persons can be done much better, and with much less waste, in one or two kitchens under the direct eye of the matron, than where the cooking is left to the care of persons who have other duties to attend to, are not fully accustomed to the preparation of a variety of food, or where they must attend to it exclusively in a kitchen in each cottage. The food will not be so well prepared and consequently a much larger amount of provisions will be wasted; the meals will be served in a much more careless way, and, in a word, no rigid system of serving out all which enters into the regular daily expense in a great variety of things can be as well and as certainly carried on in a series of cottages as where all are under the direction of a careful, competent steward and matron, and dealt out from one given point.

Every man who has had any experience in a large hospital in such matters will certify very fully to this, that the successful management of every hospital depends on looking after little things which make up the aggregate of large things; and nowhere does the trite saying "a penny saved is a penny earned" apply with

greater force than in the rigid maintenance of such a system of distribution of everything as will effectually check all disposition to waste and carelessness.

It is worth while also to consider the matter of attendants under such a system as is proposed. If the patients are to be looked after as they should be, a much larger force will be required than is now found necessary where the supervision is more direct and more regular, and assisted in some degree by the arrangement of the wards.

But, it is said, the system proposed will give the chronic insane a greater degree of liberty than they now enjoy—will satisfy that craving for freedom which so many now feel and express. Do those who make this statement fully understand that the class who are most clamorous for a greater amount of freedom are just the class who cannot be safely trusted with it, on account of their excitability and constant desire for change, and their inability to exercise that degree of control which will prevent them from constantly giving annoyance to others, and alarming the community by their excitement and attempts to do all manner of impracticable things? Let any one walk through the wards of a large hospital and notice those who most urge the impropriety of their detention, and they will find that they are those who have been placed there for some violation or threatened violation of the peace and security of the community, and they certainly cannot favor the project of giving them the liberty they crave.

The only other class to be placed in cottages will be the demented who are least able to take care of themselves, whose minds are so far disordered that they have lost in great measure that sense of the proprieties of life which once they possessed, and who require constant care and the most tireless attention and watchfulness to keep them comfortable or in a condition approaching comfort; and to them no greater liberty can be granted than they enjoy in every well-arranged hospital. Familiarity with such persons too often leads to indifference on the part of those who are assigned to the charge and hourly care of them, and there is need of constantly repeated supervision to see that everything in reference to them is regularly and properly attended to.

In some Utopian commonwealth where men and women are actuated by the highest principle and the most profound regard for the rights of others, and for the special care of those least able to take care of themselves, and in whom the constant repetition of

the same duties and the performance of the most repulsive offices for days and weeks does not tire or give rise to a desire for change, we may hope to secure those who will manage, without constant supervision, the insane with that special care and attention they require; but, until that happy day dawns, it is far wiser and better, and will satisfy the community in a greater degree, to be content with what the experience of the last thirty years has taught us to be the proper direction, and not be seeking to introduce new plans and projects which will involve the State in large expenditures, and in a few years be a source of annoyance and complaint, and compel a return to the old-established way built up and constantly improved on by men who have had no other object to gain than the real welfare, happiness, and comfort of the insane, and the protection of the community at large from the acts of entirely irresponsible persons.

Physicians who have spent years in daily association with the insane in studying their peculiarities of thought and conduct, who have some knowledge of the causes which influence them, and whose opinion ought to be entitled to some consideration, will never recommend any plan for the care of the insane which does not provide for their careful medical supervision, and removal from all scenes, causes, and conditions which could tend to irritate and excite.

All such doubtful experiments are founded on limited views of the responsibilities of those who have the charge and distribution of the public funds. Their views will be governed by those of the majority of their constituents, and if the community at large are fully instructed in the necessity and true economy of making such provision for the insane as is ample and will secure freedom from all danger to life and property, there need be no fear that they will object to any proper expenditures for such objects.

It is the obvious duty of the medical profession to endeavor to educate the public sentiment up to the necessary requirements of the situation, and the construction of such plain, substantial, and comfortable buildings as will provide all needful hygienic and custodial care and medical treatment, and give assurance by their careful management that the unfortunate are properly provided for, and the community freed from all apprehension to life and property by the proper guards being thrown around all irresponsible persons.